

HEALTHY HINTS FOR EATING OUT



Did you know....?

- A supersized soft drink (42 oz) contains 136 grams of sugar that is equal to 34 teaspoons of sugar.
- A Burger King Fish Fillet Sandwich and medium serving of French fries contains 5 ½ tablespoons of fat (61 grams).
- A Kentucky Fried Chicken Original Recipe Two Piece Meal (mashed potatoes and gravy, cole slaw, and biscuit) contains 2446 milligrams of sodium equal to about the amount of sodium we should not exceed in 1 day. (This amount would be less if you have high blood pressure.)

Here are some tips to help you make healthier choices when you eat out:

Breakfast

- Order an English muffin, toast or bagel instead of a biscuit, muffin, croissant or pastry.
- When ordering pancakes, make sure portion sizes are appropriate and skip the butter.
- Choose ham or Canadian bacon instead of sausages or bacon.

Lunch or Dinner

- Choose baked, grilled or broiled items instead of fried.
- Order low-fat milk, 100% fruit juice, diet soda, unsweetened tea or water instead of soda, milkshake or other sweetened beverages.
- Ask for low-fat salad dressing, mayonnaise, sour cream, sauces or gravy. Have these items served on the side.
- Skip the sour cream and guacamole condiments.
- Avoid mayonnaise and cheese on burgers and sandwiches. Use catsup, mustard or BBQ sauce instead.
- Choose low-fat frozen yogurt or low-fat ice cream for dessert.
- Don't supersize your meals.
- Ask to substitute a baked potato, raw vegetables or salad for fries.
- Ask that bread, beverages, and tortilla chips be served with the meal, not beforehand.
- Avoid items described as buttery, fried, pan-fried, crispy, creamed, in gravy, au gratin, in cheese sauce, or marinated in oil. These terms mean high-calorie, high fat foods.
- When ordering a soup, select a broth-based soup versus a cream soup.
- Watch portion sizes. Split 1 entrée between two people and add a salad.
- Choose a restaurant where you order off the menu, instead of a buffet restaurant. You will generally eat less.
- When eating at a fast food restaurant, select a small hamburger with catsup, mustard, pickle, lettuce and tomato – no mayonnaise. Take a piece of fruit along to fill you up (versus getting fries and/or a dessert).
- Look for menu items noted as "heart healthy" and choose one.

Fast Food Quiz



It pays to know before you go. Sometimes a food that sounds healthy is not really that great of a choice when it comes to calories. Here is a quiz to put you in the know. Choose the items below that is the lowest calorie choice for each question:

1. A Taco Bell Salad or a McDonalds Big Mac.
2. A super-size serving of French fries or a Quarter Pounder with Cheese
3. Egg McMuffin or Sausage Biscuit with Egg
4. Wendy's Classic Single hamburger with everything or a Wendy's Broccoli and Cheese Potato

Answers on back.

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Answers:

1. The Big Mac contains 590 calories while the Taco Bell Salad contains 840. Your best bet is the Grilled Chicken Deluxe with only 440.
2. Surprise! A super sized fry has 540 calories while the Quarter Pounder with Cheese contains 530.
3. This one was easy – The Egg McMuffin contains only 290 while a Sausage Biscuit with Egg has 510.
4. Wendy's Classic Single Burger with everything has 410 while the Wendy's Broccoli and Cheese Potato contains 480. Your best bet is to order a plain baked potato filled with salsa and a little margarine and a Spring Mix salad with the dressing on the side.



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